

Post-Operative Instructions Following Gum Grafting Surgery.

The most important factor in caring for your tissue graft is not to disturb the healing of the graft. If the tissue moves, the graft may not work. All the following instructions are aimed at keeping the gum graft immobilized during normal eating and tooth brushing activities

First 48 hours:

1. Ice 10 minutes on, 10 minutes off for the first 2 hours. Feel free to repeat up to 24 hours.
2. DO NOT disrupt the blood clot that is forming underneath the gum tissue.
3. DO NOT do any strenuous activities that could increase your heart rate during the first 2 days after surgery was completed (running, hiking, speed walking, working out, lifting heavy things etc.). You may walk at a normal pace during the first 2 days. After 2 days you may begin your normal daily activities.
4. AVOID smoking, **SMOKING HAS DETRIMENTAL EFFECT ON HEALING.** Drinking alcoholic or carbonated beverages, and rinsing for the first 2 days. You may rinse **GENTLY** after 48 hours with alcohol free mouth wash.
5. DO NOT brush teeth in the surgical site (front, back or chewing surface. You can brush all other teeth) for the first **two** weeks. Or until you are seen for a follow up appointment, whichever comes **after**.
6. Maintain a very soft diet, eat foods that can be easily cut with a fork. For Example: Fish, eggs, pasta, chicken salad, tuna salad, soup etc. Also avoid small seeds like Strawberries, Blueberries, poppy seeds, Sesame seeds, chips, popcorn etc. It is advised to chew your food on the opposite side to the surgery area.
7. DO NOT look at the tissue graft. To see it you have to stretch your lip, which will tug on the tissue graft.
8. If the tissue was taken from the roof of your mouth, the roof of the mouth may bleed if the clot is disturbed. If this occurs, take a black tea bag, soak it with room temperature water, squeeze the water out, place the wet tea bag on the roof of your mouth and put pressure with your thumb for no less than 15 minutes. Also continue to wear the surgical stent that was provided for at least first 3-4 days after the surgery, only removing it to clean after each meal. If excessive bleeding occurs for an extended period of time, call our office immediately.
9. If you should ever experience a swelling of your throat or difficulty breathing, or anything else life threatening, go to an emergency room or call 911 immediately.
10. Take any medications that have been prescribed and follow pain management instructions carefully.

After 2 weeks visit:

1. You can begin flossing the surgical area and brush the teeth in the surgical area, however, only brush the biting surface and the back of the teeth. DO NOT brush the front of your teeth in the surgical area.
2. Continue soft diet, for one more week and chew in other areas of the mouth.

After 4 weeks visit:

1. You can begin to brush the front of the teeth in the surgical area with the extra soft tooth brush that will be provided to you. Place the side of your tooth brush parallel to teeth and gently sweep down (if tissue grafts were done on the upper teeth) or sweep up (if the tissue grafts were done on the lower teeth). Do the sweeping motion 15-20 times or until the teeth feel smooth to your tongue. You will continue to brush the surgical areas with the sweep motion until your 3 month follow up.
2. You can eat most things in your diet, however, eating hard, tough, or rough foods (chips, popcorn, nuts, and steak) is not advised during the first 6 weeks following surgery.

If you have any questions, please do not hesitate to call us, Office: 678-236-0500, Cell: 678-296-6296.